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Step-by-Step Instructions: Olympic Wushu Jianshu

Jianshu is a Wushu taolu (form) featuring the straight sword (jian). Olympic-level Jianshu routines combine basic sword techniques, stances, and dynamic movements. Below is a simplified step-by-step breakdown of common elements found in Jianshu routines, based on competition standards and instructional guides:

Basic Sequence Example:

- **Start Position:** Stand upright, feet together, sword in right hand at your side, left hand by your waist.
- **Opening:** Step out with the left foot, raise the sword in front, and perform a salute.
- **Thrust (Cì Jiàn):** Step forward into a bow stance (gōng bù), thrust the sword straight ahead, left hand extended behind for balance[1][2].
- **Hooking Parry (Guà Jiàn):** Shift weight back, sweep the sword in a hooking motion to the side, left hand follows the movement[2].
- **Uppercut (Liāo Jiàn):** Step forward again, swing the sword upward in an arc, maintaining a strong stance[2].
- **Pointing (Diǎn Jiàn):** Lift the sword tip and point it forward with precision, often transitioning into an empty stance (xū bù)[2].
- **Chop (Pī Jiàn):** Cut downward with the sword, coordinating the movement with a step or stance change[2].
- **Upward Tilt (Bēng Jiàn):** Raise the sword in a tilting motion, often while stepping into a new stance[2].
- **Intercept (Jié Jiàn):** Block or intercept with the sword, using a cross-legged or horse stance for stability[2].
- **Figure "8" (Jiǎn Wàn Huā):** Move the sword in a continuous figure-eight pattern, demonstrating fluidity and control[2].
- **Dynamic Movements:** Incorporate jumps, spins, and stance transitions (e.g., horse stance, crouching stance, lifted knee stance) as required by the routine[3][2].

Key Points:

- Always coordinate sword and body movement.
- Maintain clear, strong stances and transitions.
- Focus on precision, balance, and fluidity.

For more detailed breakdowns and visuals, refer to Wushu instructional videos and official competition rules[1][2].

Step-by-Step Instructions: Olympic Karate Kata Gankaku

Gankaku is an advanced Shotokan Karate kata, characterized by its unique one-legged "crane stance" and dynamic turns. Below is a step-by-step summary based on instructional resources:

Basic Sequence:

- **Yoi (Ready Position):** Stand with feet together, hands at your sides.
- **Opening Block:** Step back into back stance (kokutsudachi), bring arms up, palms back-to-back, and block to the left side of your head[4][5].
- **Spin:** In back stance, perform a 360-degree spin, maintaining balance and posture[4].
- **Downward Block:** Transition into horse stance (kiba dachi), block downward with both arms[4][5].
- **Front Stance Punch:** Step forward into front stance (zenkutsudachi), perform a jodan tsuki (high punch)[4].
- **X-Block:** Bring fists together in front of your chest, then push arms down in an X-shape[6][4].
- **Double Kick:** Perform a double front kick (nidangeri), land in back stance, and immediately execute an X-block[6].
- **Repeat Block and Spin:** Pull back, repeat the X-block to the rear, shift into back stance, and block downward again[6][4].
- **Side Block and Kick:** Step forward, block to the side, then lift into the signature crane stance (one-legged, left foot behind right knee), hands in "crane" position[6][5].
- **Side Snap Kick and Punch:** Kick to the side, land, and punch[6][5].

- **Manji Uke Sequence:** Perform three manji uke (double arm blocks) down the center line, turning on the last one[6][5].
- **Final Crane Stance:** Return to crane stance, compress hands, and finish with a reverse punch (yakuzuki)[6][5].
- **Closing:** Return to ready position.

Key Points:

- Balance is critical, especially in the crane stance.
- Movements should be sharp, precise, and synchronized with stances.
- Focus on transitions, especially spins and kicks.

For visual references and detailed breakdowns, consult Gankaku kata tutorial videos and diagrams[6][4][5][7].

Summary Table: Key Features Comparison

Aspect	Jianshu (Wushu)	Gankaku (Karate Kata)
Weapon	Straight sword (jian)	None (empty hand)
Core Techniques	Thrusts, parries, cuts, spins, jumps	Blocks, strikes, kicks, spins, crane stance
Stances	Bow, horse, empty, cross-legged, crouching	Back, front, horse, crane
Focus	Fluidity, precision, dynamic movement	Balance, sharpness, stance transitions

Both routines demand high levels of coordination, balance, and technical skill, but differ in their martial traditions and performance style.

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1. https://internationalwushuacademy.com/2020/04/14/wushu-tutorial-wushubasic-movements-□□-jianshu-gom/

2. https://iwuf.org/wp-content/uploads/2019/03/Wushu-Taolu-Competition-Rules-Judging-Methods-Excerpt.pdf

3. https://www.munideporte.com/imagenes/documentacion/ficheros/111111111111111wushu.pdf

4. https://www.youtube.com/watch?v=XQkmXrKJRUg

5. https://www.youtube.com/watch?v=jKZ0r8paMPA

6. https://www.youtube.com/watch?v=OJi3lwnx0jI

7. https://blackbeltwiki.com/gankaku